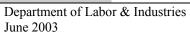
A Summary of Labor and Industries' Prevention Efforts 1980s – 1999

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Year	Activities
1980s	L&I offers Back Power Training Program for Employees.
	Series of rulings in workers' compensation cases hold that cumulative trauma claims are
	work-related.
	L&I therapist consultants begin to offer ergonomics job modifications to help injured
	workers return to work.
	L&I Safety and Health Compliance program starts to receive and respond to specific
	employee complaints related to cumulative trauma hazards in workplaces.
	L&I begins purchasing training videos on ergonomics that Washington employers can
	borrow through the video library (approximately 19 different titles available as of early 1999).
1990	Legislature creates Safety and Health Assessment & Research for Prevention (SHARP)
	program. Barbara Silverstein, Ph.D., is hired as research director of the program.
	L&I forms an action team to address ergonomics issues within the department.
	L&I publishes an educational booklet, Workplace Guidelines for VDTs.
1991	SHARP hires two ergonomists to help conduct research on ergonomics and the
	prevention of musculoskeletal disorders. (By 1999, SHARP produces 23 research reports
	and technical papers on ergonomics.)
	SHARP publishes an educational booklet, Cumulative Trauma Disorders: Carpal Tunnel
	Syndrome – A Preventable Disease.
	L&I forms an internal task force to develop guidance for safety and health compliance staff
	on responding to employee complaints of cumulative trauma hazards.
	L&I therapists begin providing in-house employer workshops on job analysis, office
	ergonomics and lifting.
1992-1993	L&I hires an ergonomist in WISHA to provide technical support for safety and health
	consultants and compliance officers.
	L&I develops and offers "Introduction to Ergonomics" and "Office Ergonomics," no-fee
	workshops for employers across the state.
	L&I drafts a WISHA Regional Directive (WRD) to provide guidance for safety and health
	compliance staff responding to employee complaints of musculoskeletal hazards. L&I convenes an advisory committee to help develop voluntary ergonomics guidelines.
	Arun Garg, ergonomics consultant, contracted to provide training and consultation service
	to L&I therapy and safety and health staff.
1994	L&I publishes an educational booklet, Fitting the Job to the Worker: An ergonomics
	program guideline, developed in concert with the advisory committee that met in 1993-
	1994. The booklet outlines the steps in setting up an ergonomics program to detect,
	correct and prevent work-related musculoskeletal disorders.
	Ergonomics training/information sessions first offered as part of the annual Governor's
	Industrial Safety and Health Conference.
1995	L&I hires a second ergonomist in WISHA to help provide technical guidance and
	consultations to interested employers.
	WISHA and SHARP ergonomists provide ergonomics training to selected safety and
	health compliance and consultation staff, therapists, vocational rehabilitation counselors
	and risk management staff in L&I field offices.
	Revised draft WRD on inspection guidance for musculoskeletal disorder complaints
	circulated among employer/employee stakeholders for comment.
	L&I convenes an advisory committee to revise the educational booklet, Workplace
	Guidelines for VDTs.



Musculoskeletal Disorders in the Workplace

Musculoskeletal Disorders in the Workplace	
1996-97	L&I publishes Work-related Musculoskeletal Disorders, an analysis of workers'
	compensation data that shows the incidence and severity of MSDs by risk classification.
	L&I publishes Lessons for Lifting and Moving Materials, an educational booklet that
	identifies work areas, tasks and procedures that place employees at risk of injury.
	Describes and illustrates methods that help reduce the risk of injury.
	L&I publishes Office Ergonomics: Practical Solutions for a Safer Workplace, an in-depth
	guide to implementing ergonomics in office environments. Replaces Workplace
	Guidelines for VDTs.
1998	SHARP publishes Work-related Disorders of the Back and Upper Extremity in Washington
.000	State, 1989-1996, a research report outlining the cost and incidence of MSDs based on
	workers' compensation claims paid by the Washington State Fund.
	L&I's Office of the Medical Director co-sponsors a two-day conference for medical
	professionals: Treatment of Work-related Musculoskeletal Disorders. The conference
	includes a component on prevention strategies.
	WISHA and SHARP ergonomists provide a training course to selected L&I safety and
	health compliance and consultation staff on ergonomic evaluation of industrial work sites.
	L&I initiates a new program, Hazard Impact Partnership (HIP) to work with selected
	industries to reduce workplace safety and health hazards. The first industry selected
	under this program was the nursing home industry, with the goal to reduce a high
	incidence of lifting-related injuries. SHARP designs and commissions a survey that asks Washington employers about the
	physical demands of work in workplaces, number of musculoskeletal injuries and current
	prevention practices. Gilmore Research Services conducts the study of 5,000 employers.
	L&I decides to propose rule making to reduce musculoskeletal disorders in addition to
	voluntary, research and educational efforts. The draft WRD on inspection guidance for
	musculoskeletal disorder complaints is not pursued further.
	L&I conducts rule-development conferences in seven Washington cities to identify issues
	and concerns to be considered before developing a rule proposal regarding prevention of
	MSDs.
•	L&I launches an ergonomics web site, /wisha/ergo.
January	L&I's SHARP program releases Musculoskeletal Disorders, Risk Factors and Prevention
1999	Steps, a report summarizing the results of a SHARP survey of Washington employers.
February	L&I convenes an advisory committee to discuss in more depth issues pertaining to work-
1999	related musculoskeletal disorders and ergonomic solutions. L&I will use the committee's
	advice to develop the language of a proposed rule and to help identify ways to enhance
	existing education, technical assistance and research on prevent of MSDs.
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	related musculoskeletal disorders and ergonomic solutions. L&I will use the committee's
	advice to develop the language of a proposed rule and to help identify ways to enhance
	existing education, technical assistance and research on prevent of MSDs.
	L&I's SHARP program releases Work-related Disorders of the Back and Upper Extremity
	in Washington State, 1990-1997, which provides updated data on workers' compensation
	claims involving musculoskeletal disorders.
April 1999	L&I's SHARP program and the University of Washington co-sponsor a one-day
	ergonomics course for the forest products industry.
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